

## **ABOUT 25 YEAR OLD CAMESA**

Established in 1993, the Cameroon English Speaking Medical Students' Association (CAMESA) is a not-for-profit, non-partisan and non-denominational association. This was created at the time when the faculty of medicine (ex-cuss) was the lone medical school in the Country

Membership comprises of English-speaking students by origin or by virtue of their education in the Anglo Saxon sub-system of education who are studying medicine, pharmacy, dentistry, biomedical sciences, midwifery, nursing or laboratory technicians.

### **CAMESA has as Aims and Objectives:**

- ✓ Promoting a spirit of togetherness, mutual understanding and corporation amongst members.
- ✓ Encouraging young Cameroonians to get into medicine school and orienting them therein.
- ✓ Educating the Cameroonian public, particularly on health related subjects.
- ✓ Carrying out philanthropic activities.

Today , CAMESA celebrates 25 years of success , 25 years of solidarity , 25 years of progress, 25 year of impacting lives , 25 years of saving lives .



Here are Key highlights on the creation and evolution of  
CAMESA

## ➤ 1993

--- Creation of CAMESA by the 24<sup>th</sup> batch of the faculty of medicine and biomedical sciences of the university of Yaoundé 1 .

**Membership: 15**

---First



**President:** late Professor Asonganyi A Biochemistry professor trained in Nigeria, and teaching at the

in  
faculty.

## Today

We are at the 49<sup>th</sup> batch of the faculty, with membership of over 500 students

**Current President:** ALAKE S. HYCINTHA

A Third year medical student at the faculty of medicine and biomedical sciences of the University of Yaoundé 1

- **2000** - Development of the CAMESA GUIDE – a book which served as a guide for younger ones aspiring to get into the faculty of medicine.

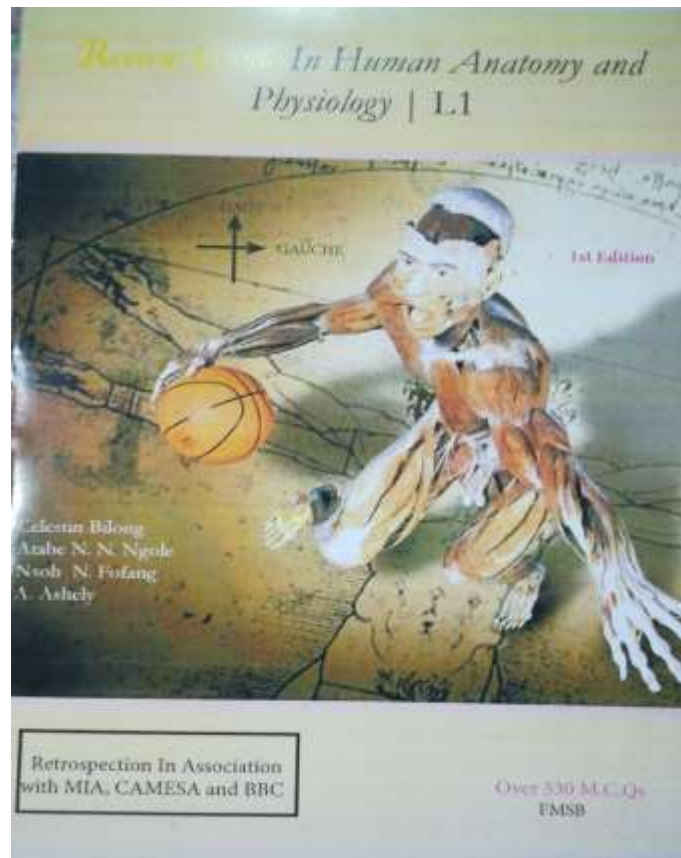
## Today

In collaboration with other associations in the faculty, we have put

level  
in  
schools

which  
past

in



together a  
question  
booklet for  
one students  
medical  
all around the  
country,  
comprises of  
questions and  
explanations  
Anatomy and  
Physiology.



## ➤ **2005**

-- First Health Campaign of Mbengwi Health District. Free consultation, medication and health talks.

Participants:18

---First female president

## **Today :**

-12 Health Campaigns have been organized in over 13 health districts, with over 125 participants of the medical body, encountering over 13 000 patients and with additional services



of dental care, minor and major surgery.

- we have had 3 female presidents.

## ➤ **2008**

- First excursion, a forum for relaxation for members after tedious days of school.





**Today:** we have had over 10 excursions, and the latest being the one

to Kribi on the 3rd and 4th of February 1018



## ➤ 2010/2011

- Legalisation of the association, under the President, Abrow Posper

REGION DU CENTRE  
CENTER REGION

DEPARTEMENT DU MPOUNDI  
MPOUNDI DIVISION

PREFECTURE DE YAOUNDE  
S.D.O'S OFFICE

BUREAU DES ASSOCIATIONS ET DES  
PARTIS POLITIQUES  
ASSOCIATIONS AND POLITICAL  
PARTIES AFFAIRS

REPUBLIQUE DU CAMEROUN  
REPUBLIC OF CAMEROON

PAIX - TRAVAIL - PATRIE  
Peace - Work - Fatherland

**ASSOCIATION DECLARATION RECEIPT**

**N° 0007-05 /ADR/J06/BAPP**

*I, The Undersigned S.D.O for the Mfoundi Division,*

Accord to the afore mentioned persons declaration receipt, as previewed in article 7 of law n°90/053 of December 1990 giving freedom of association.

**Title of the association:** "CAMEROON ENGLISH - SPEAKING MEDICAL ASSOCIATION" (CAMESA)

**Objectives:** Promote a spirit of togetherness, mutual understanding and cooperation amongst members - Encourage young Cameroonians to get into medical school - Educate the Cameroonian public on matters affecting their health and welfare - Carry out philanthropic gestures in the society - Cooperate with other bodies at home and abroad on academic and sociocultural matters - Come to the assistance of members in times of sorrow or happiness.

**Headquarters:** YAOUNDE

**Administration:**

<b>President:</b>	Mr. ABROW Posper MBAH
<b>Vice-president:</b>	Mr. FOZEU FOSSO Leo
<b>Secretary General:</b>	Mrs. ELAGE KANG EBOA
<b>Vice-Secretary General:</b>	Mr. LEMANGE Norbert
<b>Treasurer:</b>	Mrs. MUTIA KEHWALLA
<b>Financial Secretary:</b>	Mr. EKITI Martin
<b>General Organiser:</b>	Mr. LOWEH LIMNYUY
<b>Vice-General Organiser:</b>	Mrs. KEKAY Krystal
<b>Publics Relations Officer:</b>	Mrs. NAMANOU Ines
<b>Vice Publics Relations Officer:</b>	Mr. TARH Daniel

The Present receipt declaration\*\* which confers to the association the legal personality necessary, is established and delivered to serve where ever and when ever necessary.

**AMPLIATIONS**

- M.E. MINISTRE
- GRC/TDE
- CDT. GROUP. GRC/TDE
- CCRC/TDE
- CONSERVATOIRE
- CHRONO-ARCHIVES

YAOUNDE, the 2<sup>nd</sup> JUL 2011

*Esila Jean Claude*  
Administrateur Civil Principal

\*\* Names, surnames, occupations, residence and addresses of those in charge of association, annex documents to the declaration : - two (02) samples of the constitution : - one (01) minute of the consultative G.A. - Two (02) samples of the members of executive bureau

**Today:** we are 25 and kicking.



## ➤ 2011/2012

- CAMESA joins the federation of African medical student's association with pioneer attendee DR Ekiti Martin –then President



-First Bazar which brought together over 200 medical students in Yaoundé



**Today**, we are counting our 6<sup>th</sup> successful fun bazar



--CAMESA started commemoration world health days, starting with only the world malaria and world water day



**Today:** We have diversified our participation in the commemoration of World Health Days ranging from World AIDS Day, World Malaria Day, World Water Day, World Haemophilia Day and World blood Donor Day.

# 2013/2014



-Pioneer collaboration with gifted mom(multi-award winning mobile health application ) to improve the turnout for antenatal care and vaccination of pregnant women and nursing mothers respectively .



## ➤ 2014/2015

Pioneer invitation of ASCOVIME (Association des competences pour une vie meilleure) to improve access to specialized health care through surgical interventions during our health campaigns in rural areas.





- **2016/2017** : Health Campaign extends to two districts simultaneously, under the president Cedric Latasha and secretary General Chenwi Blaise.



- **2017** - Creation of CAMESA ALLUMNI with a total of about 500 members



## ➤ **2018** - CAMESA TURNS 25



# KEY ACTIVITIES

## **1-COMMEMORATING WORLD HEALTH DAYS**

We have mainly carried out sensitization but we also associated this with small details that increased its significance.

**World AIDS day:** sharing of red ribbons and condoms and sensitizing people on the streets on how to fight AIDS



**World malaria day:** sharing of mosquitoes nets

Working with - Malaria Consortium-Cameroon Coalition Against Malaria (MC-CAM), to help eradicate malaria through the Test Treat track method and sensitisation



**World water day:** sharing of mineral water and carrying out sensitisation talks in primary schools and uses of water, how to make water drinkable, hygiene and sanitation...etc.

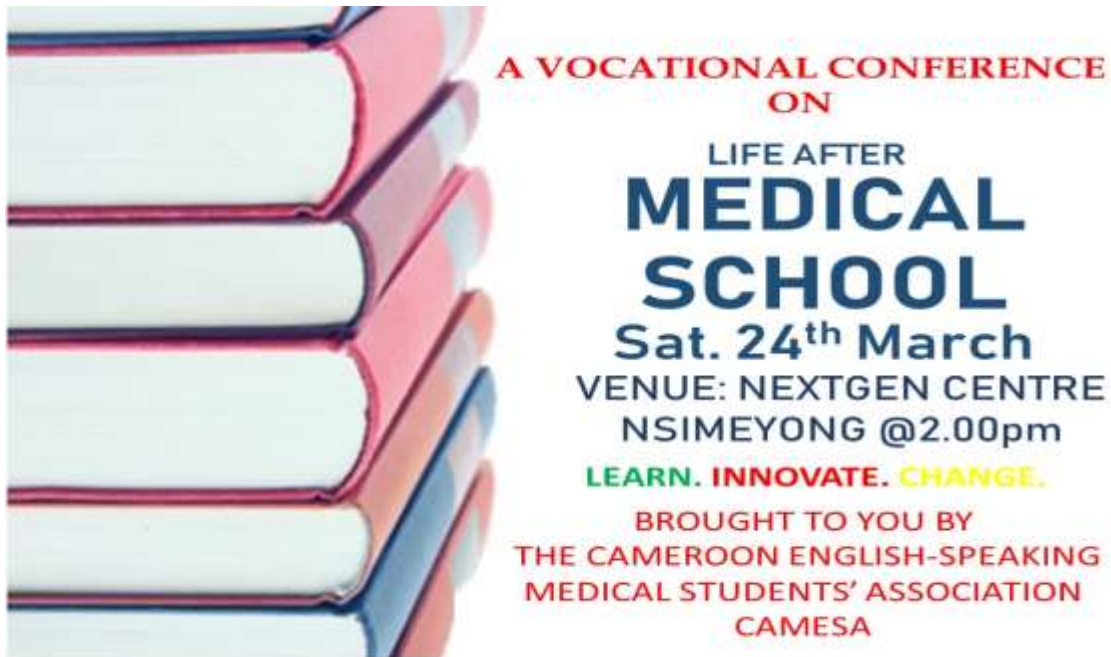
**World blood donor day:** blood donation



**World Haemophilia day:** We participated at a colloquium on the management of Haemophilia together with renowned professors from the Faculty.

## 2-EDUCATION

- organisation of preparatory **classes** in the early days to prepare students who were getting into the lone medical school at that time, CUSS.



- We also made a **study guide** in biology, physics and chemistry containing the study material for the medical concourse for students attending preparatory classes and even those who did not attend preparatory classes.
- CAMESA in collaboration with other associations in the faculty put together a question booklet for level one students in medical schools all around the country, which comprised of past questions and explanations in courses like Anatomy and Physiology.
- Organising Tutorials; CAMESA also has been organising tutorials for students in all classes.

- organising academic conferences: to orientate those new in the - medical field
- organising pre-defence sessions: for students in their final year.
- Organising Symposia, and scientific days: in commemoration of some world health days.





### **3- PHILANTROPIC ACTIVITIES**

One of the aims of this prestigious association is to carry out philanthropic activities, and in addition to our annual health campaigns, CAMESA takes it as a duty to reach out to the less privilege at least once a year, from

- orphanages to
- asylums to
- refugee and village camps all over the country



### **4-HEALTH CAMPAIGNS**

*Over the years CAMESA has visited the following health districts*

- *2005.....Mbengwi Health district Momo division NW region.*
- *2006..... Kumba district Meme division SW region.*
- *2007..... Bali district Mezam division NW region.*
- *2008..... Buea district Fako division SW region.*
- *2009..... Bafut district Mezam division NW region.*
- *2010..... Fontem district Lebialem division SW region.*
- *2011..... Batibo district Momo division NW region.*
- *2012..... Bangem district Kupe-Manunguba division SW region.*
- *2013.....Oku district Bui division NW region.*
- *2014.....Mamfe and Eyumojock districts Manyu division SW region.*
- *2015..... Wum and Benakuma districts Menchum division NW region.*
- *2016..... Ekondo-Titi and Mbongeh districts Ndian division SW region.*
- *2017..... Nkambe, Ndu and Misaje districts Donga-Mantung division NW region.*

***CAMESA will in this same light be taking the health campaign this year 2018 to the Tombel health district in the Kupe-manenguba division of the SW region of Cameroon.***



# VISION FOR CAMESA



Our vision for CAMESA is to build a large scale humanitarian organisation, with vocation health education, community service, student mentorship and public health.

- i- A strong body organising objective based health campaigns in needy areas, with a large student participant pool from the whole world over, and a rich research database applicable to needy communities
- ii- Creating platforms whereby organisations, companies and individuals with the objective of ameliorating healthcare in Africa by natural, scientific, digital and innovative means can establish a network, in order to attain their goal.